

The community prefer to find their trade & service providers locally and rely on the Telegram for this.

1st September 2020

Phone 434 9651

Issue 501

## THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476



### DOMINATOR

YES we Sell Garage Door Systems – Free Quote  
YES we repair Garage Doors

It's Spring! I hope you are all enjoying your first day of Spring! Father's Day this weekend, so try and drag him out to do some Spring activities. Don't forget to make or buy something special to show your love and appreciation on this special day for Dads...

It will not be long before Daylight saving is here - it is on the 27th of September this year - and the end of another school term around the 26th..

Until next week, Regards the Telegram.



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**Tue 8 Sept 7pm**  
**Oamaru Club, 32 Severn St, Oamaru**

**Lachie Ashton**  
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Authorised by Lachie Ashton - 91 Bennetts Road, Asburton



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Nathan Dickson

**SEPTEMBER**, the month of new beginnings and this past week has convinced me that Spring has arrived in North Otago, after that lovely light rain to give gardens respite from the very dry Winter we experienced.



However, while soil surface has benefited, deeper roots are still searching for moisture while surface weed seeds will be germinating, so get them with a hoe or there are organic weed sprays on the market that work best when weeds are new and small, so now is the time - get them before they flower and make seed. With my very wide perennial borders insisting on growing couch grass, biddy-bid, and chick-weed, I try to get rid of them now while the flowering plants are still low and with top soil now soft, weed pulling is easy. While doing this weeding, I can see what needs attention - like Delphiniums needing stakes in to give support while growing, removing mulch from around Iris rhizomes and Peony Rose crowns and removing self-sown plants and natives before they settle in. Everyday something new is happening in our garden - Sweet Peas, Ranunculus, Anemones and Tulips are well up and putting on good growth. I am now watching what is pushing through Pea straw and clearing a space to let them through and light in. All plants, Shrubs and trees will respond to feeding now - the sap is well up and buds are swelling and bursting open. We have a number of deciduous Magnolias here taking centre stage right now, their beautiful blooms pushing through huge furry buds, also Camellias and Rhododendrons are bursting into colour.

**Liquid feed** all perennials and bedding plants and use a good general fertilizer, plus a dressing of compost for trees and Shrubs to help them along now. Azaleas and Tulips are the exception, Azaleas like fed after flowering and Tulips store enough food in the bulb for their requirements. If you load them up with more, they will grow more leaf than needed. (No feeding for Australian or South African Shrubs such as Leucadendron, Protea, Waratah and Grevillea.)

Cut the old growth from the Cat-mint - I leave old growth on over the cold months to protect new growth. Once new leaves are seen to be making good growth, the old can be removed. It is also time to dress your garden for late Spring and Summer - think colour and where you want it and what colour is needed where. At this time of the year, concentrate on the sunny areas in the garden being the warmest to get bedding plants moving.

**Roses:** there are still Roses on offer - they do not always need to grow together in a Rose bed - use them as gap fillers in borders. To give those new to Roses an idea of what to look for, I will list the different types below. There is a Rose for every sunny situation and a few that will tolerate light shade.

**PATIO ROSES:** About knee high for front border planting, about 80 cm apart when grouping. These can also be grown in containers as long as the roots are kept cool.

**HYBRID TEA:** This is the Rose to give you the large exhibition one stem bloom. They grow about chest high. These are the picking Rose and need feeding right through the growing season to give the best results.

**Miniature:** A dwarf growing bush Rose with all parts scaled down - I find these not as long lived as the larger Bush Rose. If you have one that is not performing, dig it out, change the soil & plant another. The secret to keeping Roses free from disease, is to remove all last years' diseased wood and leaves from the ground around them and burn. Feed well, starting now, while they are beginning to leaf. Manure enriched compost will feed and protect the roots, but keep it off where the Rose has been grafted. Rose food, fertilizers have been designed to promote just the right amount of leaf and flower growth, but need the warmer soil to activate. Don't waste by using too soon.

**Lawns** are returning to growth; I was out with the lawn food during that soft rain to give them a good start.

**Vegatables:** green crops need to be dug in now, before flowering. Keep planting seeds and seedlings in the absence of White Butterfly! **Fruit:** Buds are swelling to blossom burst as sap rises - what's needed now are sunny days and Bees. I worked on my Gooseberry bushes last year and again this week, thinning branches before the leaves arrive, cutting up the bottom branches to get the bushes higher from the ground, making it easier to pick the fruit from beneath. Cheers, Linda.



# Fire Wood



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## CranioSacral Therapy & energy healing

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Clinic dates: Aug 25-Sept 5; Sept 19-Oct 1

## Pieces Of April By April Hayes Dickson

Ah, Father's Day. I used to say that the only thing my father ever gave me was arthritis. Harsh, I know, and not entirely true. He also gave me a costume-jewellery bracelet when I was 17 years old; that was the first time we met. My parents had a whirlwind marriage. It took about 6 weeks for them to agree they could barely stand each other. Somewhere between the maternity ward and divorce court they decided to go separate ways, they would both pretend "they" never happened and I would go with Mum. I grew up blissfully happy with my Mother and Grandmother. It was an innocent time. I knew nothing of the "birds and bees". I famously suggested to a teacher when I was about 9 that Mum and Gran had conceived me! When father and daughter finally met the atmosphere would best be described as polite. I'm outgoing and he was famously non-verbal. He had remarried and had another daughter. And while he and I always struggled a bit, she became more dear to me than words can express. When he died last year, I found myself sad for what might have been and taken aback that I was included in his Will in equal measure to the children he had raised. I knew he and his wife had worked very hard and gone without to have any money to bequeath and found myself teary and humbled. His greatest gift though will always be my sister from another mother. Thanks Dad. Happy Father's Day.

[piecesofapril@gmail.com](mailto:piecesofapril@gmail.com)

## Tree & STUMP GRINDING SOLUTIONS



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## ŌAMARU HARBOUR PLAN 2020 AND BEYOND

After last year's HarbOUR Space public engagement, we used the feedback you gave us to make a draft plan for the Oamaru Harbour area. Now's your chance to tell us if you like it!

Read the plan (on our website, or hard copies are available at district libraries and Council offices). Then either fill out our online feedback form or a printed form (available from those locations) and get it back to us by Monday, 7 September 2020.

Visit the Public Consultation page on our website to read the Plan and give us your feedback:  
[www.waitaki.govt.nz](http://www.waitaki.govt.nz)



**Waitaki**  
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# OAMARU + PHARMACY

*Your Pharmacy*

## Blue september

*We do it for the men  
in our lives!*

### THE FACTS:

- 1 in 8 men will get prostate cancer in the lifetime
- It is the #1 cancer in Kiwi men, ahead of lung and bowel Cancers
- Over 3,500 men are diagnosed every year - that's 10 men every day
- It is the #3 cause of cancer deaths in Kiwi men -over 600 each year
- More men get prostate cancer than women get breast cancer



Oamaru Pharmacy, 171 Thames st, Oamaru  
Ph. 03 434 8741, Monday - Friday 8am - 6pm  
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\* if you have any question or concerns about any matter related to prostate cancer,  
call 0800477678 or visit [www.prostate.org.nz](http://www.prostate.org.nz)



# North Otago Motor Group

# CAR OF THE WEEK



## Toyota YARIS Hatch ZR

Petrol - Continuous Variable

**\$29,990** (\$165 P/W)\*



**Mon-Fri 8am to 5:30pm, Sat 9am to 12pm**

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## Motoring with Jamie

Hi! Jamie here, North Otago Motor Group. This weeks car of the week is the Toyota Yaris Hatch ZR its the car that thought of everything and it has everything! All the safety and convenience features like, radar cruise control, Apple car play, cool styling with plenty of room inside, and the full Toyota safety sense suite, awesome car with extremely low CO2 emissions, and 4.9 litres per 100km. Come in and test drive today... We have over 35 years LOCAL experience in the industry and our team, Peter, Martin and myself are here to help you. Being local has huge advantages for you. We are close to where you live; you can pop in and see us or we can come to you - plus we have a service and parts department. See us any day including Saturday 9am-12, or call us to make an appointment outside working hours. Loads of options of vehicles too, from small run-bouts, SUV's to 4x4's. Plus we can cover everything from finance, insurance and extended warranties. Have a great week. *Jamie*  
0800660070



Jamie

## OAMARU + PHARMACY

*It's your Pharmacy*

### Let's talk about Blue September

With the start of the Blue September awareness fundraisers and campaign, we want to pass the message to our men to "get checked" for prostate cancer, because it is a major health issue for kiwi men. Prostate cancer is very survivable if diagnosed early and effectively treated. This is the key challenge of Blue September. We also want to open the conversation about prostate cancer, to know what is, and how it affects the body. It is important to know the prostate is a walnut-shaped gland (normally about 4 cm across) located below the bladder. It surrounds the urethra – the tube that drains urine from the bladder out through the penis. Its main function is to produce semen, a fluid that protects and enriches sperm. Prostate cancer occurs when cells within the prostate gland become cancerous (malignant) forming a tumour. When the cancer is contained within the prostate gland, this is referred to as "localised" prostate cancer. When the cancer has spread to the tissues surrounding the prostate gland, this is referred to as "extracapsular" prostate cancer. If the cancer cells spread (metastasise) to other parts of the body and produce new tumours, this is referred to as "metastatic" prostate cancer. The causes of prostate cancer are not fully understood. However, it is known that the chances of developing the condition increase with age. Most cases of prostate cancer are in men aged 65 years or older. It is also known that prostate cancer is more common in men who have a history of prostate cancer in their family (a father or brother). Other factors, such as smoking, diet, hormonal, and environmental influences (such as exposure to certain chemicals) may also increase the chances of developing the condition. Early detection of prostate cancer is important as this cancer is most treatable when detected while contained within the prostate gland before it spreads to other parts of the body. The New Zealand Ministry of Health Prostate Cancer Management and Referral Guidance indicates the procedures for men looking to be tested for prostate cancer. Regular prostate checks are important for men who are over the age of 40 if there is a family history of prostate cancer; or are older than 50, but younger than 70. There are two simple tests for prostate cancer and it is recommended that both are done each year. The PSA blood test is a simpler test than can be done in conjunction with other blood tests (e.g. cholesterol) as part of a routine health check-up. The Digital Rectal Examination (DRE) is a physical examination where the doctor checks the size, shape and hardness of the prostate gland by inserting a gloved finger into the rectum. Men having any problems such as pain, fever, swelling of the prostate, blood and pus in the urine or problems passing urine should consult their doctor without delay. The most insidious thing about prostate cancer and what makes it so dangerous, is that in its early stages it does not usually exhibit symptoms. When symptoms begin to appear then it is frequently too late for effective curative treatment. This is why regular check-ups are so important. This month **Oamaru Pharmacy** will be running an awareness and education campaign, come and see the knowledgeable team, for more information. *We do it for the men in our lives.*

*"At Level One we'll start the fun"*

**YES**

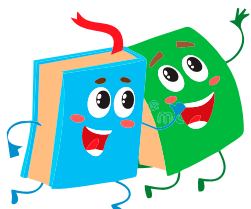
**BOOKARAMA BEGINS**

**10 am Monday, Sept 7**



*Next to Sutherlands  
on Thames*

**(If we're back at Level One!!!!)**



**Bookarama 2020 - proudly presented by Oamaru Rotary**

**Turning good reads into good deeds!**

## Community diary

### Wednesday 2nd September

**Excelsior Petanque Club;** Ph 4372557 or 4371590, Wed & Sun 1-3pm, Excelsior Rugby & Sports Club.

**Free JP for certifying documents, affidavits, & declarations.** 10-1pm at the Public Library.

**Weston Indoor Bowling Club;** 7.30 pm. Weston Hall. New members most welcome. Ph 4348281.

### Thursday 3rd

**Awamoa Indoor Bowling Club;** Towey St, Oamaru, 1:30pm, coaching available. ph 434 5061.

**Friends & Neighbours** welcome you at Orwell St Church. 10am-11:30 interesting & varied programme. Ph. Valerie 437 0520

**N.O. Asthma Society Respiratory Exercise Class,** 10am, St John Hall, Exe St. Ph 437 2673.

**Migrant meet and share,** 10:30am at the Opera House. A place for Migrants to build connections & learn about life in Waitaki. Ph Maria 021 066 5143.

### Friday 4th

**AA;** Orwell St Chapel, 12noon. Ph. 0277227818.

**Johnston(e) Clan;** meet at 10am. All Johnston/e's welcome. Ph. Daphne 4346249 for venue.

**The Dome** will be open for viewing; Bookings are essential. Email marg-hans-briens@xtra.co.nz to book time.

### Saturday 5th

**Meadowbank Community Stadium Bowls,** 14 Conway St, 1.15pm. All welcome.

**Newcomers Coffee Group** at 10am at either the Opera House or The Brydone. Ph 0272428643

### Sunday 6th

**AA Meeting;** Orwell St Chapel, 6pm. Ph. 0277227818 or 4372337.

**Oamaru Baptist Church;** Sandringham St, Service at 10am. All welcome.

**Reformed Church Oamaru,** 4 Eden St, morning service at 10:30am, followed by Sunday School  
**St Paul's Church,** Coquet St, service and kids club. All welcome, 10am.

### Monday 7th

**Genealogy help** by local genealogist - at the Oamaru library 10 am - 12noon.

**Tokarahi Spinners and Weavers** meeting. Ph. Christine 434 2223

**Waitaki Woodturners;** meet at 1 pm at our clubrooms - Oamaru Race Course & Tuesday evening at 7 pm. Ph 439 5795.

### Tuesdays 8th

**AA Meeting;** Orwell St Chapel, 7:30pm, Ph. 434 0227 or Ph. 432 4191.

**Age Concern Gentle Exercise.** 1:30 - 2:45pm  
Seated exercise class with music, followed by afternoon tea. Offered during Alert Level 2 with appropriate precautions. Orwell St Church.

**Alzheimers North Otago Support Group.** Oamaru Polytechnic campus, Humber St 1:30-3pm, all enquiries welcome, Ph Debbie 03 434 9090.

**U3A Waitaki,** talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. 434 6613.

## Public Notices

**Oamaru Coffee Riders,** ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627

**Matters of the Heart** Come along to our free information sessions on heart health; 1:30pm, 7 September, 48 Ribble Street, Oamaru. Bookings are essential Ph 434 2143.

## AGM Notices

**Oamaru Anglers Club AGM;** 14th Sep 7pm at the Oamaru Police Station, upstairs in the meal room.

**Waitaki Tourism Association AGM;** will be held Friday, 11th Sep 2020 at 5.30pm at Whitestone City, Harbour St. Speaker Jane Guy from Queenstown Life. Social Media whizz, Photographer & Blogger. RSVP to wta-secty@gmail.com or Ph 021 515205 by 07th Sep.

## Services

**Carpet/Vinyl layer** second hand carpet & repairs. Dion 0223924852.

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**Experienced and innovative engineer** available to build or repair any project, big or small. Your place or mine. 0274437142

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## For Sale

**32" TV with built-in DVD player** as new. \$180 Ph. 434 7372.

**Peastraw - for sale,** \$9 a bale - delivered, ph. Simon 027 2235274.

## Wanted

**Tools wanted!** Tradesman, carpenters, gardening tools etc. Ph. 021 450 405.

## Work Wanted

**Relief milking, stock work wanted,** call Wee Jock 021 2073730.

**Admin/Finance Administrator** seeking work for full or part-time work. Call 027 630 6448.

## Vintage Car Club

Spare parts for old cars for sale  
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## FIREWOOD LOGS

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## Handy Phone Listings

### Accommodation & Facilities

- ▶ **Holiday Home - Seaviews 'n Siestas**  
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### Acupuncture & Massage

- ▶ **Rick Loos (NZRA)** .....03 434 9663  
Acupuncture, Massage & Reflexology

### Building & Construction

- ▶ **DOMINATOR Garage Door Centre**  
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### Carpet & Vinyl layer

- ▶ **Dion**.....0223924852  
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### Chiropractor

- ▶ **Oamaru Chiropractic**.....021 729 868  
*Robert Brydges* .....179 Thames St
- ▶ **Ron Sim Chiropractor**.....434 8784  
.....31 Essex St, Weston

### Cleaning

- ▶ **A1 Spic n' Span**.....434 5534  
*Almost ALL Cleaning* .....027 737 8423
- ▶ **AA Gutter Cleaner**.....0274 335 295  
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- ▶ **AYR St - Counselling** .....027 6861849  
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- ▶ **Barbara Liffiton** .....0211 807 366  
.....NZ RCPN, Grad Dip GT, Prov NZAC

### Dental

- ▶ **Oamaru Denture Clinic** .....434 7560  
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### Dressmakers

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- ▶ **Jenny Boon** .....022 034.9190  
.....Clothing alterations

### Driver Lessons

- ▶ **XTO Driver training Ltd** ..027 262 2031  
.....Driving Instructor/Driving Lessons

### DVD and CD

- ▶ **Oamaru Public Library**.....433 0850  
.....cleaning service (resurface), \$5 per disc

## Electricians & Appliances

- ▶ **Robert Jones - Electrician**. 027 445 0523  
.....434 0994
- ▶ **Whitestone Appliances**..... 021 366 446  
.....repairs.....434 6810

## Entertainment

- ▶ **Sylviane's Karaoke** .....027 737 8360  
all occasions - bookings sylgal@msn.com

## Flowers

- ▶ **Flowerz 4 you** .....434 9150  
all occasions, 151 Thames St...027 722 0443

## Firewood

- ▶ **Weston Firewood**.....434 1085  
.....021 052 2877

## Funeral Directors

- ▶ **Walls Funeral Services**.....434 8266  
.....49 Humber St

## Gardening & lawns

- ▶ **Ashleys Lawn & Garden Care**.4372865  
*Includes ride on lawns*.....0221086606
- ▶ **CHANGEZ Landscape Property Services**  
*Property maintenance - Steve* 021 1148 900
- ▶ **Crew Cut large lawns**  
*Paul Houllaham*..... 021 331 261
- ▶ **Oamaru Garden Maintenance**  
*Richard Kennedy* .....021 0474758
- ▶ **Roses, garden weeding, hedges & lawns**  
*Steven*......ph/txt....027 2609988

## General Store

- ▶ **Roses General Store** .....021 515 205  
9 Tyne St.....after hours...434 8285

## Handyman

- ▶ **Handyman** .....027 642 6474  
*Old job, water blasting, repairs, call or text.*

## Insulation

- ▶ **Dunbars Insulation** .....027 789 8788  
.....local and affordable

## Interior Design

- ▶ **Tracey Vickers Design** ..... 027 5420 215  
*Upholstery and Furnishings* .....03 439 5370
- ▶ **Waitaki Interiors**..... 434 7755  
*All window furnishings*

## Immigration

- ▶ **Immigration & Secretarial Services Ltd**  
sylviane@isservices.nz.....027 737 8360

## Joinery

- ▶ **Inex Joinery/Kitchens 4 Less**  
335 Thames Hwy..... 4341533 or 021 1085500
- ▶ **Rycole Joinery Custom designed kitchens**  
.....434 5012.....027 276 2866

## Mobile Travel Broker

- ▶ **Jannine Hore** .....439 4230  
*The Travel Brokers - member of Helloworld*
- ▶ **Lynne Sinclair, NZ Travel Brokers**.....  
*Longest established broker in North Otago*..432 4172

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- ▶ **ACE Painters** .....027 201 1918  
....for all your painting needs.
- ▶ **Central Furnishers** .....434 8994  
....custom made drapes & binds
- ▶ **Don - Painter & Decorator - 25 years**  
....Call for a quotation .....027 2205403
- ▶ **Solid Plastering** .....027 3137250  
....David Caldwell Plastering

## Pets

- ▶ **Suds & Paws for dog grooming** 4345957
- ▶ **Paws Awhile Boarding Cattery** 4341296
- ▶ **Shaggy Chic Dog Grooming**  
40 Ribble St ..... 022 150 0395

## Plumbers

- ▶ **AG Plumbing**.....021434950  
.....Blocked drains & CCTV Camera
- ▶ **Cunningham Plumbing, Oamaru**  
.....Plumbing & Drainlaying...0800 555 105
- ▶ **Foley Plumbers Oamaru**.....434 2330  
.....Sam Boswell.....0800 303 530
- ▶ **Hiflo's Group** ..... 03 434 9873  
.....Plumbing, Heating & Rockgas

## Professional Podiatrist

- ▶ **Simply Feet Podiatry**.....437 9025  
.....316 Thames Hwy, open Mon-Fri

## Picture Framers, Printing

- ▶ **Waimate Picture Framers**...03 6898568  
*For all your framing requirements*...0272918763
- ▶ **Oamaru Print and Copy Ltd**...434 9651  
*From business cards to larger posters print & design*

## Progress Coach

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.....*Helping you progress forward.*

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NEW PATIENTS WELCOME



# Havenwyck Pets

*Creating Calm*



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## Havenwyck Pets - Creating Calm

**Creating verb:** cause (something) to happen as a result of one's actions.

**Calm adjective:** not showing or feeling nervousness, anger, or other strong emotions.

In my youth I bred and showed Guinea Pigs, this started my passion for working with animals. I was able to learn and strive to expand my knowledge whilst working in Kennels/Catteries, on Dairy farms and within the Veterinary Industry as a Qualified Veterinary Nurse.

A big part of my self discovery was with the behaviour of all animals, big and small, they all have natural instincts that are stronger than our own; this is due to all species being altered in some way to fit into the human world, and as I discovered this can cause anxiety and fear. Over many years of research I have delved into what I can do to Create a Calm environment for the animals I work with. You will find at Havenwyck Pets I strive to ensure the animals here are able to express natural behaviours by providing them with enrichment and items within their enclosure to reduce stress.

I promote minimal handling for Rabbits and Guinea Pigs - you may ask why - this is due to small mammals being a prey animal, other creatures (dogs, cats, birds) prey on small furry critters for food, when we go to pick them up this simulated a fear response as natural instinct is telling them they may get eaten! Training and positive interactions with help keep your small furry calm if and when you need to pick them up!

Come and see me if you would like to learn more!

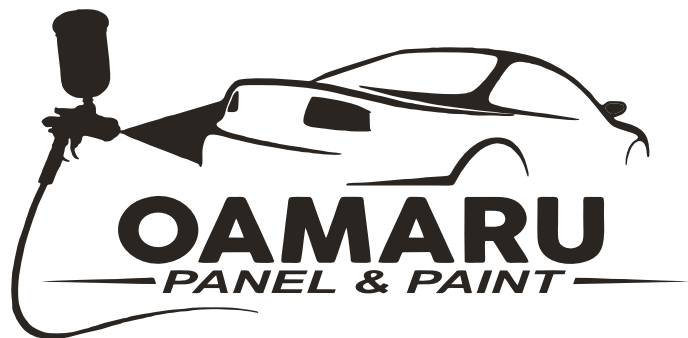
*Leanne Wreakes-Fallen. Dip.VN*

## Must Visit – Central Otago

When you think of Central Otago, Queenstown and Wanaka immediately come to mind but there are a lot more hidden gems and highlights to explore. If you really want to see it all in the Central Otago region then you need to hit the Central Otago Rail trail, this 150km bike journey takes in towns, mountain scenery, rocky landscapes, viaducts and much more. The trail between Middlemarch and Clyde is regarded as one of the best bike trails in the South Island. Cromwell is well known for its orchards and vineyards however if you are looking for something perhaps a little more exciting you can hop into one of the supercars at the Highlands Motorsport Park and experience an international standard track. A Go-Karting track, Sculpture Park, museum and café are included in the complex. Central Otago is full of quaint little historic towns but ones that stand out are Clyde, Ophir – if you mail a postcard from the Post Office it will have a unique stamp of a goldminer's pick and shovel and St Bathans where you will find the Vulcan Hotel and the nearby Blue Lake. Try your hand at curling at the ice rink in Naseby or gold panning at the Goldfields Mining Centre along the Kawarau River gorge. Crossing the historic Shaky Bridge, walk the short but steep climb to the Alexandra Clock on the hill to get some awesome views of the town, mountain ranges and rivers. Having only covered a few of the highlights of Central Otago and with so much more to see, do and discover this is a must visit area close to home. *Jannine Hore – The Travel Brokers*

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